ORDERING REPLACEMENT PARTS

To order replacement parts, contact the ICON Health & Fitness Ltd. office, or write:

ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4, Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

Tel:

08457 089 009

Outside the UK: 0 (044) 113 387 7133
Fax: 0 (044) 113 387 7125

To help us assist you, please be prepared to give the following information:

- The MODEL NUMBER of the product (PETL78130)
- The NAME of the product (PROFORM® 790 TR treadmill)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER AND DESCRIPTION OF THE PART(S) (see the PART LIST on pages 34 and 35 and the EXPLODED DRAWING attached in the centre of this manual)

Part No. 198436 R0304A

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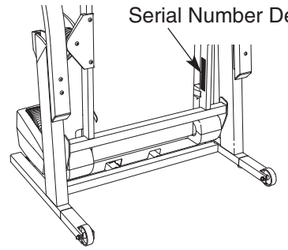
PRO-FORM 790 TR InteractiveTrainer

Model No. PETL78130
Serial No. _____



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:

08457 089 009

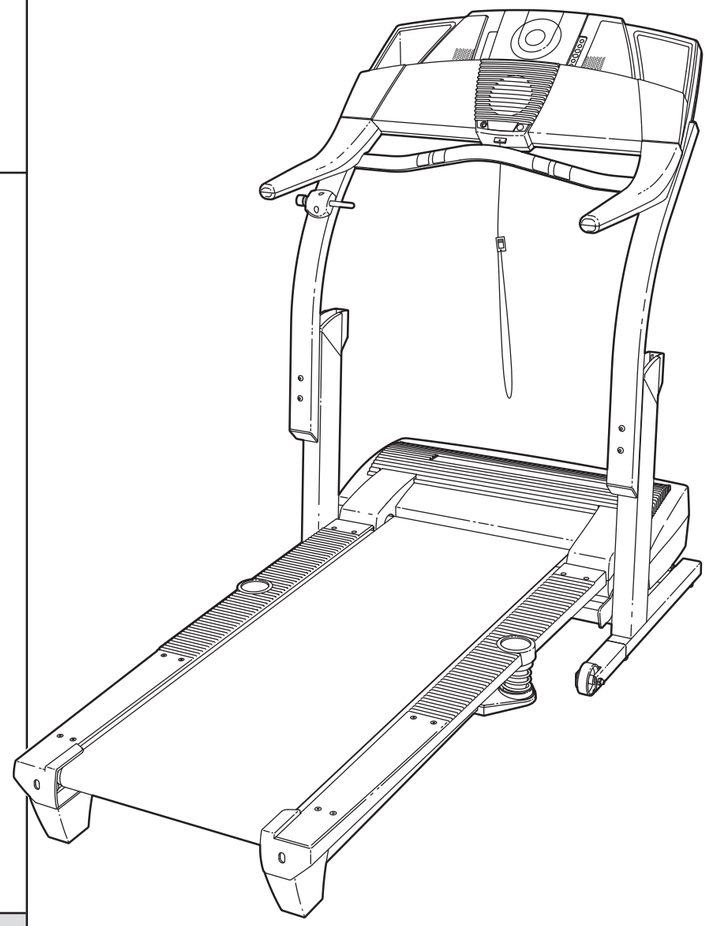
Or write:
ICON Health & Fitness, Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road, Beeston
Leeds, LS11 8JG
UK

email: csuk@iconeurope.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL



Visit our website at
www.iconeurope.com

PRO-FORM 790 TR InteractiveTrainer

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ORDERING REPLACEMENT PARTS . . . . . .Back Cover

Note: An EXPLODED DRAWING is attached in the centre of this manual.

PROFORM is a registered trademark of ICON IP, Inc.

Key No.	Qty.	Description
101	1	Console Base
102	2	Lift Frame Pivot Nut
103	8	Ground Screw/Choke Screw
104	1	Key Clip
105	2	Fan Screw
106	1	Fan
107	1	Console
108	44	Screw
109	1	Left Tray
110	1	CD Console
111	1	Right Tray
112	1	iFIT.com Audio Cable
113	1	iFIT.com Jack
114	2	Motor Bolt
115	1	Photo Switch Screw
116	1	Console Base Frame
117	1	Left Handgrip (Top)
118	1	Photo Switch Nut
119	1	Left Bottom Handgrip
120	1	Right Handgrip (Top)
121	1	Right Bottom Handgrip
122	1	Access Door
123	1	Hood
124	1	Console Back
125	1	Photo Switch Star Washer
126	2	Rear Roller Star Washer
127	4	Upright Star Washer
128	2	Front Isolator
129	2	Front Isolator Screw
130	1	Optic Disk
131	1	iFIT.com Wire
132	1	Filter Wire
133	1	Photo Switch Wire
134	2	Latch Screw
135	2	1” Tek Screw
136	1	Pulley Nut
137	1	Pulley Washer
138	1	Idler Pulley
139	1	Chest Pulse Monitor
140	1	Pulley Bolt
141	3	Ferrite Box
142	1	Filter
143	4	Plastic Standoff
144	1	Electronics Bracket
145	1	Power Board
146	1	Choke
147	1	Controller Bracket
148	1	Motor Isolator
149	1	Pulse Receiver
150	1	On/Off Switch
151	1	Circuit Breaker
152	1	Edge Guard
153	1	Pulse Wire
#	1	8” Green Wire, F/Ring
#	1	8” Green Wire, 2 Ring
#	1	14” White Wire, 2F
#	1	6” White Wire, 2F
#	1	6” Blue Wire, 2F
#	1	4” Blue Wire, 2F
#	1	4” Black Wire, 2F
#	1	User’s Manual

*Includes all parts shown in the box
#These parts are not illustrated
Specifications are subject to change without notice.

PART LIST—Model No. PETL78130

R0304A

To locate the parts listed below, see the EXPLODED DRAWING attached in the centre of this manual.

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Left Foot Rail	51	2	Static Decal
2	12	Foot Rail Screw	52	10	3/4” Tek Screw
3	2	Isolator Bolt (Top)	53	1	Belly Pan Clip
4	2	Isolator Decal	54	1	Belly Pan
5	2	Isolator Top Cap	55	1	Releasable Tie
6	2	Gray Isolator Spring	56	1	Clamp Screw
7	2	Isolator	57	1	Tie Holder Clamp
8	2	Isolator Bottom Cap	58	1	Cable Tie
9	2	Isolator Bracket Cover	59	1	Frame
10	2	Isolator Bracket	60	1	Right Rear Foot
11	4	Isolator Bracket Bolt	61	1	Chest Pulse Strap
12	2	Isolator Bolt	62	2	Rear Roller Adj, Bolt
13	1	Walking Platform	63	1	Rear Roller
14	2	Belt Guide	64	1	Hex Key
15	4	Belt Guide Screw	65	1	5/32” Hex Key
16	2	Walking Platform Screw (Rear)	66	1	Left Rear Foot
17	2	Frame Pivot Bolt	67	1	Right Foot Rail
18	1	Front Roller/Pulley	68	1	Walking Belt
19	1	Magnet	69	2	Warning Decal
20	9	Pivot Nut	70	2	Blue Isolator Spring
21	2	Pivot Bushing	71	1	Pulse Bar
22	1	Reed Switch	72	4	Pulse Bar Screw
23	1	Reed Switch Screw	73	1	Splitter
24	1	Reed Switch Clip	74	1	Wire Harness
25	2	Lift Pivot Bolt	75	1	Right Top Endcap
26	2	Motor Washer	76	4	Console Bolt
27	1	Pulley/Flywheel/Fan	77	4	Internal Star Washer
28	1	Motor Pulley	78	5	Hood Cover Screw
29*	1	Idler Arm Assembly	79	2	Upright Spacer
30	1	Idler Arm Pivot Bolt	80	1	Right Upright
31	1	Motor	81	1	Left Top Endcap
32	1	Idler Arm	82	1	Latch Assembly
33	1	Lift Frame	83	1	Controller Wire
34	1	Motor Pivot Nut	84	1	Left Upright
35	2	Walking Platform Nut	85	2	CD Holder
36	1	Idler Pivot Washer	86	4	Console Bolt
37	1	Incline Motor	87	8	U-Nut
38	4	Incline Motor Bolt	88	2	Upright Endcap (Lower)
39	2	1/4” Washer	89*	2	Extension Leg Assembly
40	1	Roller Star Washer	90	2	Wheel Bolt
41	1	Front Roller Adj. Bolt	91	2	Warning Decal
42	2	Walking Platform Screw (Front)	92	2	Extension Leg
43	1	Transformer	93	1	Small Nut
44	3	Hood Screw	94	2	Wheel
45	1	Hood Cover	95	2	Levelling Foot
46	1	Hood Decal	96	4	Extension Leg Bolt
47	1	Circuit Breaker	97	1	Upright Base
48	1	Controller	98	1	Photo Switch
49	2	Power Cord	99	2	Base Pad
50	1	Receptical	100	2	Upright Base Endcap

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill.

1. **It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.**
2. **Use the treadmill only as described.**
3. **Place the treadmill on a level surface, with at least 2.5 m (8 ft.) of clearance behind it and 0.5 m (2 ft.) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.**
4. **Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.**
5. **Do not operate the treadmill where aerosol products are used or where oxygen is being administered.**
6. **Keep children under the age of 12 and pets away from the treadmill at all times.**
7. **The treadmill should be used only by persons weighing 125 kg (275 lbs.) or less.**
8. **Never allow more than one person on the treadmill at a time.**
9. **Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.***
10. **When connecting the power cord (see page 10), plug the power cord into an earthed circuit. No other appliance should be on the same circuit. When replacing the fuse, an ASTA approved BS1362 type should be fitted to the fuse carrier. A 13 amp fuse should be used.**
11. **If an extension cord is needed, use only a 3-conductor, 1mm² (14-gauge) cord that is no longer than 1.5 m (5 ft.).**
12. **Keep the power cord away from heated surfaces.**
13. **Never move the walking belt whilst the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See BEFORE YOU BEGIN on page 5 if the treadmill is not working properly.)**
14. **Never start the treadmill whilst you are standing on the walking belt. Always hold the handrails whilst using the treadmill.**
15. **The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.**
16. **The pulse sensors are not medical devices. Various factors, including the user’s movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.**
17. **Never leave the treadmill unattended whilst it is running. Always remove the key, unplug the power cord and move the on/off switch to the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the on/off switch.)**
18. **Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO FOLD AND MOVE THE TREADMILL on page 27.) You must be able to safely lift 20 kg (45 lbs.) to raise, lower, or move the treadmill.**
19. **When folding or moving the treadmill, make sure that the storage latch is fully closed.**
20. **When using iFIT.com CDs and videos, an electronic “chirping” sound will alert you when the speed and/or incline of the treadmill is about to change. Always listen for the “chirp” and be prepared for speed and/or incline changes. In some instances, the speed and/or incline may change before the personal trainer describes the change.**

21. **When using iFIT.com CDs and videos, you can manually override the speed and incline settings at any time by pressing the speed and incline buttons. However, when the next "chirp" is heard, the speed and/or incline will change to the next settings of the CD or video program.**

22. **Remove iFIT.com CDs and videos from your CD player or VCR when you are not using them.**

23. **Inspect and properly tighten all parts of the treadmill regularly.**

24. **Never insert any object into any opening.**

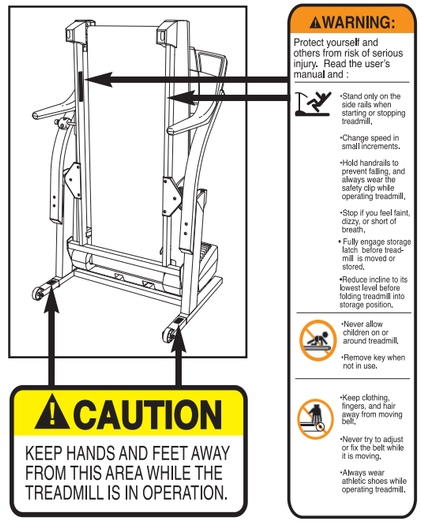
25. **DANGER: Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorised service representative. Servicing other than the procedures in this manual should be performed by an authorised service representative only.**

26. **This treadmill is intended for in-home use only. Do not use this treadmill in a commercial, rental, or institutional setting.**

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SAVE THESE INSTRUCTIONS

The decals shown at the right have been placed on your treadmill. If a decal is missing or illegible, please call our Customer Service Department to order a free replacement decal (see ORDERING REPLACEMENT PARTS on the back cover of this manual). Apply the decal in the location shown.



⚠WARNING:
Protect yourself and others from risk of serious injury. Read the user's manual and :
•Stand only on the side rails when starting or stopping treadmill.
•Change speed in small increments.
•Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
•Stop if you feel faint, dizzy, or short of breath.
• Fully engage storage latch before treadmill is moved or stored.
•Reduce incline to its lowest level before folding treadmill into storage position.
•Never allow children on or around treadmill.
•Remove key when not in use.
•Keep clothing, fingers, and hair away from moving belt.
•Never try to adjust or fix the belt while it is moving.
•Always wear athletic shoes while operating treadmill.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

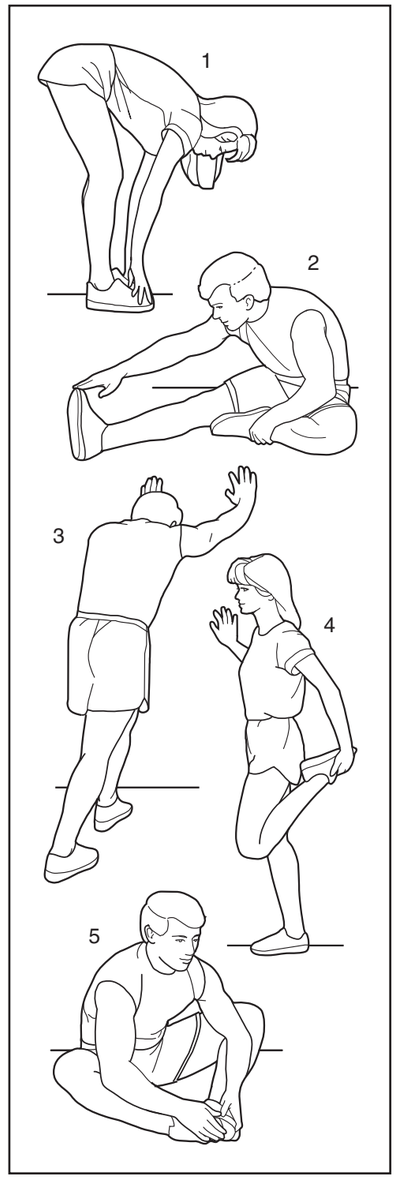
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



CONDITIONING GUIDELINES

⚠WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.

The following guidelines will help you to plan your exercise program. For more detailed exercise information, obtain a reputable book or consult your physician.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning and aerobic exercise.

♥	165	155	145	140	130	125	115
♥	145	138	130	125	118	110	103
♥	125	120	115	110	105	95	90
	20	30	40	50	60	70	80

To find the proper heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers define your "training zone." The lower two numbers are recommended heart rates for fat burning; the higher number is the recommended heart rate for aerobic exercise.

To measure your heart rate during exercise, use the pulse sensor. If your heart rate is too high or too low, adjust the speed and incline of the treadmill.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate calories* for energy. Only after the first few minutes does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the speed and incline of the treadmill until your heart rate is near the lowest number in your training zone.

For maximum fat burning, adjust the speed and incline of the treadmill until your heart rate is near the middle number in your training zone.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic". Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the speed and incline of the treadmill until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A Warm-up—Start each workout with 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise.

Training Zone Exercise—After warming up, increase the intensity of your exercise until your pulse is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your pulse in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

A Cool-down—Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

EXERCISE FREQUENCY

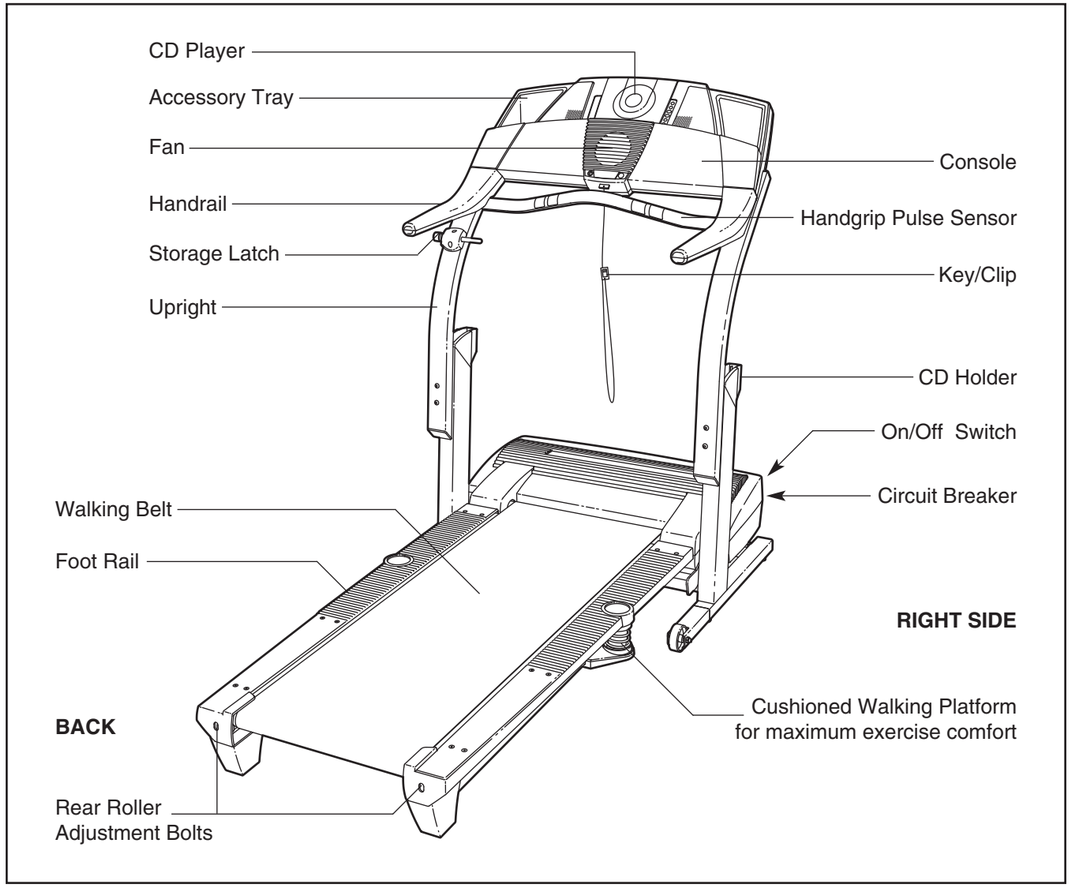
To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months, you may complete up to five workouts each week if desired. The key to success is to make exercise a regular and enjoyable part of your everyday life.

BEFORE YOU BEGIN

Thank you for selecting the revolutionary PROFORM® 790 TR treadmill. The 790 TR treadmill offers an impressive array of features to help you achieve your fitness goals in the convenience and privacy of your home. And when you're not exercising, the unique 790 TR treadmill can be folded up, requiring less than half the floor space of other treadmills.

For your benefit, read this manual carefully before using the treadmill. If you have questions after reading this manual, please call our Customer Service Department at **08457 089 009**. To help us assist you, please note the product model number and serial number before calling. The model number of the treadmill is PETL78130. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

Before reading further, please review the drawing below and familiarise yourself with the labelled parts.

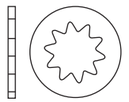


ASSEMBLY

Assembly requires two persons. Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This is a normal condition and does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

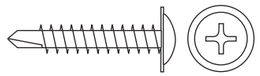
Assembly requires the included hex keys and your own phillips screwdriver and wire cutters .

Use the drawings below to identify the assembly hardware. The number in parentheses below each drawing is the key number of the part, from the PART LIST on pages 34 and 35. The number after the parentheses shows the quantity needed for assembly. **Note: If a part is not in the parts bag, check to see if it is preattached to one of the parts to be assembled.**

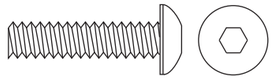


Internal Star Washer (77)–4

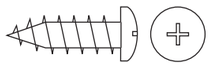
1/4" Washer (39)–4



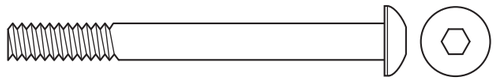
1" Tek Screw (135)–2



Extension Leg Bolt (96)–4



Latch Screw (134)–2

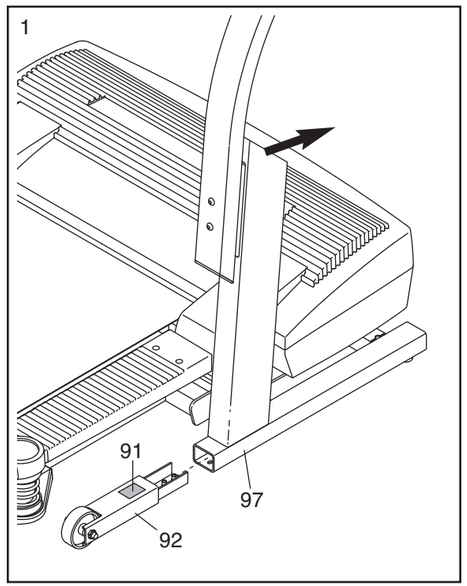


Console Bolt (76)–4

1. **Make sure that the power cord is unplugged.**

   With the help of a second person, carefully raise the Upright Base (97) to the position shown. Insert one of the Extension Legs (92) into the Upright Base. (Note: It may be helpful to tip the Upright Base forward as you insert the Extension Leg.) Make sure that the Warning Decal (91) is in the indicated location.

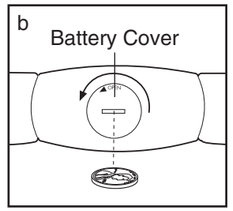
   Insert the other Extension Leg (not shown) in the same way.



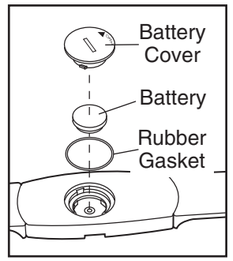
PROBLEM: The chest pulse sensor does not function properly

SOLUTION: a. If the chest pulse sensor does not function properly, see CHEST PULSE SENSOR TROUBLESHOOTING on page 9.

b. If the chest pulse sensor still does not function properly, the battery should be changed. To replace the battery, locate the battery cover on the back of the sensor unit. Insert a coin into the slot in the cover and turn the cover counterclockwise to the "open" position. Remove the cover.

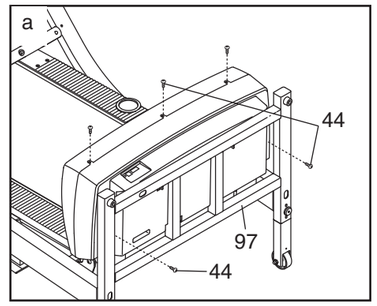


Remove the old battery from the sensor unit. Insert a new **CR 2032 battery**, making sure that the writing is on top. In addition, make sure that the rubber gasket is in place in the sensor unit. Replace the battery cover and turn it to the closed position.

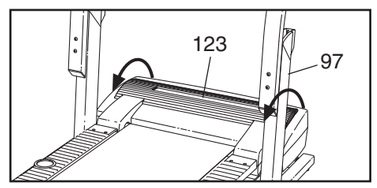


PROBLEM: The displays of the console do not function properly

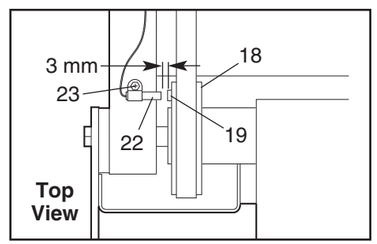
SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD.** With the help of a second person, carefully tip the Upright Base (97) down as shown. Remove the three Hood Screws (44). Note: A phillips screwdriver with at least a 5" shaft is required.



With the help of a second person, carefully raise the Upright Base (97) as shown. Carefully pivot the Hood (123) off.



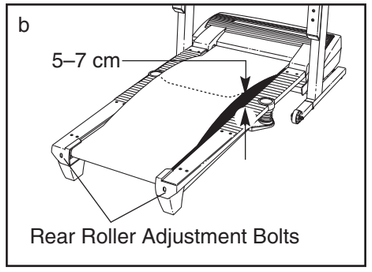
Locate the Reed Switch (22) and the Magnet (19) on the left side of the Pulley (18). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 3 mm (1/8 in.).** If necessary, loosen the Screw (23) and move the Reed Switch slightly. Retighten the Screw. Reattach the Hood, and run the treadmill for a few minutes to check for a correct speed reading.



PROBLEM: The walking belt slows when walked on

SOLUTION: a. If an extension cord is needed, use only a 3-conductor, 1mm² (14-gauge) cord that is no longer than 1.5 m (5 ft.).

b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 5 to 7 cm (2–3 in.) off the walking platform. Be careful to keep the walking belt centred. Plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.

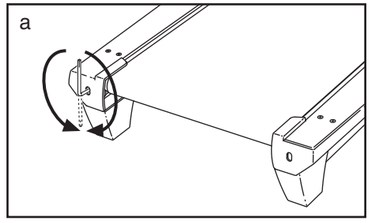


Rear Roller Adjustment Bolts

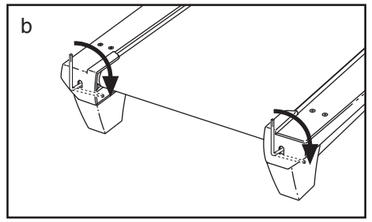
c. If the walking belt still slows when walked on, please call our Customer Service Department.

PROBLEM: The walking belt is off-centre or slips when walked on

SOLUTION: a. **If the walking belt is off-centre,** first remove the key and **UNPLUG THE POWER CORD**. **If the walking belt has shifted to the left,** use the hex key to turn the left rear roller bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right,** turn the bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centred.



b. **If the walking belt slips when walked on,** first remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 5 to 7 cm (2–3 in.) off the walking platform. Be careful to keep the walking belt centred. Plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



PROBLEM: The incline of the treadmill does not change correctly

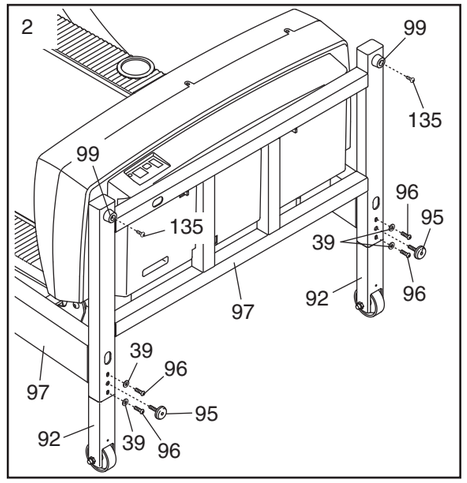
SOLUTION: a. With the key in the console, press one of the Incline buttons. **Whilst the incline is changing, remove the key.** After a few seconds, re-insert the key. The treadmill will automatically rise to the maximum incline level and then return to the minimum level. This will recalibrate the incline system.

2. With the help of a second person, carefully tip the Upright Base (97) down as shown. (Note: It may be helpful to place your foot on one of the Extension Legs [92] as you tip the Upright Base.) **Make sure that the Extension Legs remain in the Upright Base.**

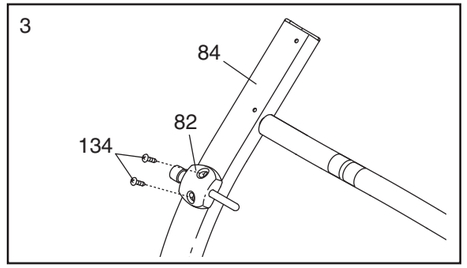
   Attach each Extension Leg (92) with two Extension Leg Bolts (96) and two 1/4" Washers (39) as shown. Thread a Levelling Foot (95) into each side of the Upright Base (97); do not thread the Levelling Feet fully into the Upright Base.

   Attach the two Base Pads (99) to the Upright Base (97) in the locations shown with two 1" Tek Screws (135).

   With the help of a second person, raise the Upright Base (97) to the vertical position.



3. Attach the Latch Assembly (82) to the Left Upright (84) with the two Latch Screws (134). Start both Latch Screws before tightening either of them. Note: The Latch Screws may be preattached to the Left Upright.

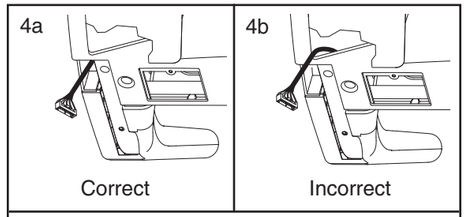


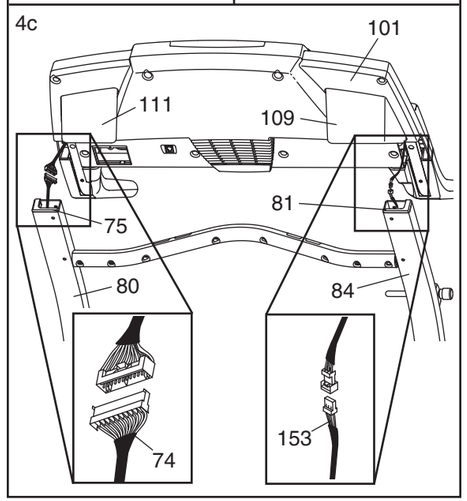
4. See step 6 and locate the four Upright Bolts (86). Loosen the Upright Bolts two to three turns.

   See drawing 4c. With the help of a second person, hold the Console Base (101) near the Uprights (80, 84). Look under the Console Base and locate the wires on the sides of the Console Base. Make sure that the wires are **not** routed through the openings for the Trays (109, 111). Drawing 4a shows the correct route for the wires. Drawing 4b shows an incorrect route.

   See drawing 4c. Cut the plastic ties holding the Wire Harness (74) and the Pulse Wire (153) in the Uprights (80, 84). Connect the Wire Harness and the Pulse Wire to the wires on the sides of the Console Base (101). **Make sure to connect the connectors properly (see the inset drawings). IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON. The connectors should slide together easily and snap into place.** If the connectors do not slide together easily and snap into place, turn one connector and try again. Insert the excess Wire Harness and Pulse Wire up into the Console Base.

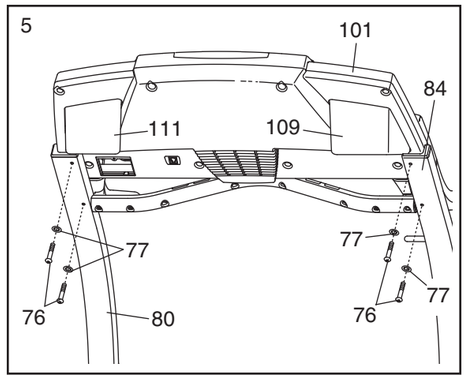
   Press the Right and Left Top Endcaps (75, 81) into the Uprights (80, 84) as shown.





5. Set the Console Base (101) on the Uprights (80, 84). Attach the Console Base to the each Upright with two Console Bolts (76) and two Internal Star Washers (77). **Be careful not to pinch the Wires (not shown) in the Uprights.** Note: Start all four Console Bolts before tightening any of them.

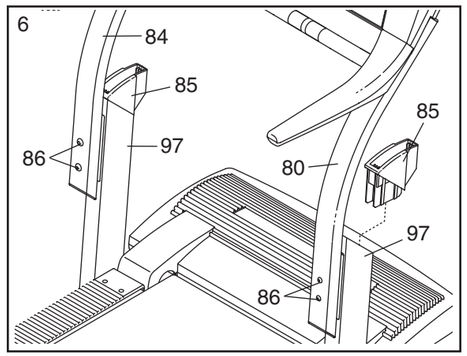
   Make sure that the Left and Right Trays (109, 111) are pressed into the Console Base (101).



6. Press a CD Holder (85) into each side of the Upright Base (97).

   If the Wheels (not shown) are touching the floor, or if the treadmill rocks slightly, see HOW TO LEVEL THE TREADMILL on page 26.

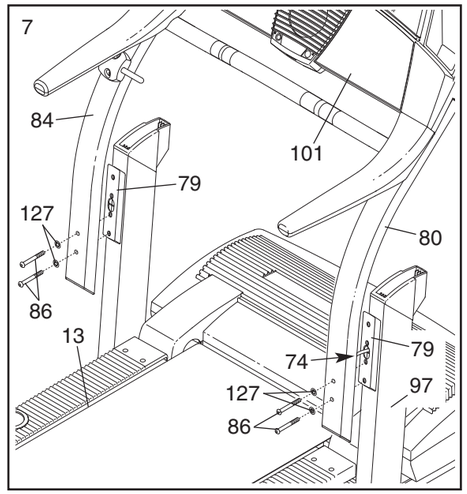
   If you wish to adjust the height of the Uprights (80, 84), go to step 7. **If the Uprights are at the desired height,** tighten the four Upright Bolts (86) and go to step 8.



7. Note: The Uprights (80, 84) can be attached at three different heights. The Uprights are preattached in the middle position. Adjusting the Uprights requires two persons.

   Whilst a second person holds the Console Base (101) and the Uprights (80, 84), loosen the four Upright Bolts (86). Then, remove the two Upright Bolts and Upright Star Washers (127) from the Right Upright (80). Raise or lower the Right Upright to the desired height, being careful not to damage the Wire Harness (74). If the Upright Spacer (79) falls, press it back onto the Upright Base (97). Loosely thread the two Upright Bolts and Upright Star Washers back into the Right Upright and the Upright Base.

   Adjust the Left Upright (84) in the same way. (Note: There is not a wire harness in the Left Upright.) **Make sure that both Uprights are at the same height. Lift the Walking Platform (13) to make sure that it is centred between the Uprights. Retighten all four Upright Bolts (86).**



8. **Make sure that all parts are properly tightened before you use the treadmill.** Note: Extra hardware may be included. Keep the included hex keys in a secure place. The large hex key is used to adjust the walking belt (see page 30). To protect the floor or carpet, place a mat under the treadmill. If there are thin sheets of clear plastic on the decals, remove them.

TROUBLESHOOTING

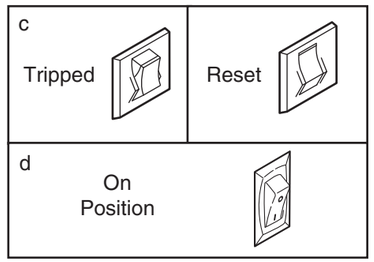
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please call our Customer Service Department.

PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a properly earthed outlet. (See page 8.) If an extension cord is needed, use only a 3-conductor, 1 mm² (14-gauge) cord that is no longer than 1.5 m (5 ft.). Important: The treadmill is not compatible with GFCI-equipped outlets.

b. After the power cord has been plugged in, make sure that the key is fully inserted into the console.

c. Check the circuit breaker located on the treadmill near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.



d. Check the on/off switch located on the treadmill near the power cord. The switch must be in the on position.

PROBLEM: The power turns off during use

SOLUTION: a. Check the circuit breaker located on the treadmill frame near the power cord (see c. above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

c. Remove the key from the console. Reinsert the key fully into the console.

d. Make sure that the on/off switch is in the on position.

e. If the treadmill still will not run, please call our Customer Service Department.

PROBLEM: The console is too high or too low

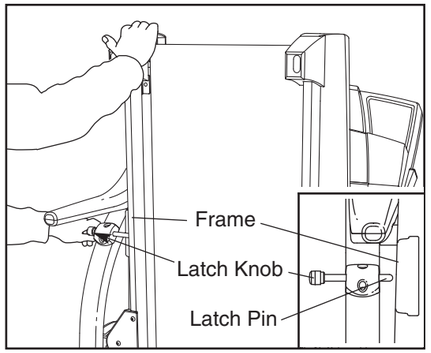
SOLUTION: a. The height of the console is adjustable. See assembly step 7 on page 8 for instructions.

PROBLEM: The treadmill rocks during use

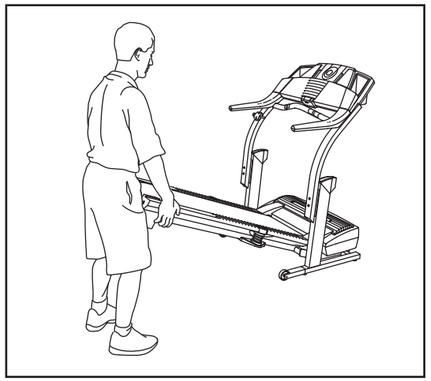
SOLUTION: a. See HOW TO LEVEL THE TREADMILL on page 26.

HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand as shown. Using your left hand, pull the latch knob to the left and hold it. Pivot the treadmill down until the frame is past the latch pin. Slowly release the latch knob.



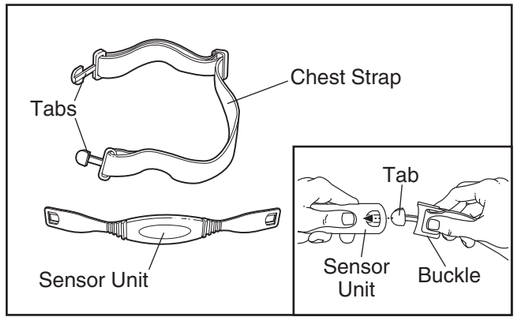
2. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. **Do not drop the treadmill frame to the floor. To decrease the possibility of injury, bend your legs and keep your back straight.**

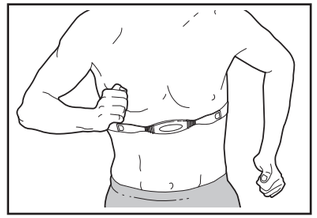


HOW TO USE THE CHEST PULSE SENSOR

HOW TO PUT ON THE CHEST PULSE SENSOR

The chest pulse sensor consists of two components: the chest strap and the sensor unit (see the drawing below). Insert the tab on one end of the chest strap into one end of the sensor unit, as shown in the inset drawing. Press the end of the sensor unit under the buckle on the chest strap. The tab should be flush with the front of the sensor unit.





Next, wrap the chest pulse sensor around your chest and attach the other end of the chest strap to the sensor unit. Adjust the length of the chest strap, if necessary. The chest pulse sensor should be under your clothes, tight against your skin, and as high under the pectoral muscles or breasts as is comfortable. Make sure that the logo on the sensor unit is visible and right-side-up.

Pull the sensor unit away from your body a few inches and locate the two electrode areas on the inner side (the electrode areas are covered by shallow ridges). Using saline solution such as saliva or contact lens solution, wet both electrode areas. Return the sensor unit to a position against your chest.

CHEST PULSE SENSOR CARE AND MAINTENANCE

- Thoroughly dry the chest pulse sensor after each use. The chest pulse sensor is activated when the electrode areas are wetted and the heart rate monitor is put on; the chest pulse sensor shuts off when it is removed and the electrode areas are dried. If the chest pulse sensor is not dried after each use, it may remain activated longer than necessary, draining the battery prematurely.
- Store the chest pulse sensor in a warm, dry place. Do not store the chest pulse sensor in a plastic bag or other container that may trap moisture.
- Do not expose the chest pulse sensor to direct sunlight for extended periods of time; do not expose it to temperatures above 50° C (122° F) or below 10° C (14° F).
- Do not excessively bend or stretch the sensor unit when using or storing the chest pulse sensor.
- Clean the sensor unit using a damp cloth—never use alcohol, abrasives, or chemicals. The chest strap may be hand washed and air dried.

CHEST PULSE SENSOR TROUBLESHOOTING

The instructions on the following pages explain how the chest pulse sensor is used with the console. If the chest pulse sensor does not function properly, try the steps below.

- Make sure that you are wearing the chest pulse sensor as described at the left. Note: If the chest pulse sensor does not function when positioned as described, move it slightly lower or higher on your chest.
- Use saline solution such as saliva or contact lens solution to wet the two electrode areas on the sensor unit. If heart rate readings do not appear until you begin perspiring, re-wet the electrode areas.
- As you walk or run on the treadmill, position yourself near the centre of the walking belt. **For the console to display heart rate readings, the user must be within arm's length of the console.**
- The chest pulse sensor is designed to work with people who have normal heart rhythms. Heart rate reading problems may be caused by medical conditions such as premature ventricular contractions (pvcs), tachycardia bursts, and arrhythmia.
- The operation of the chest pulse sensor can be affected by magnetic interference caused by high power lines or other sources. If it is suspected that this is a problem, try relocating the treadmill.
- The CR2032 battery may need to be replaced (see page 31).

OPERATION AND ADJUSTMENT

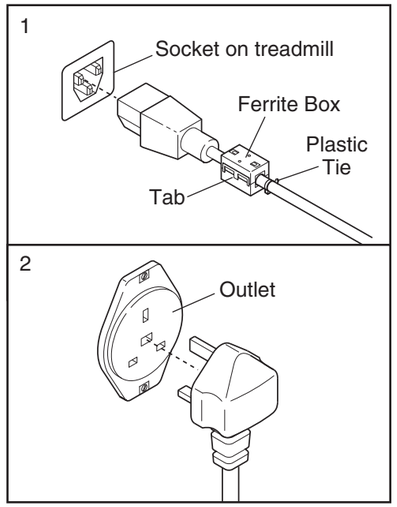
THE PERFORMANT LUBE™ WALKING BELT

Your treadmill features a walking belt coated with PERFORMANT LUBE™, a high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will deteriorate the walking belt and cause excessive wear.**

HOW TO PLUG IN THE POWER CORD

This product must be earthed. If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-earthing conductor and an earthing plug.

Two power cords are included. Select the one that will fit your outlet. Refer to drawing 1. Plug the indicated end of the power cord into the socket on the treadmill. Next, lift the tab on the ferrite box and clamp the ferrite box around the power cord. Fasten the included plastic tie just behind the ferrite box and cut off the excess plastic tie. This will prevent the ferrite box from sliding along the power cord. Refer to drawing 2. Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances. Note: In Italy, an adaptor (not included) must be used between the power cord and the outlet. Important: The treadmill is not compatible with GFCI-equipped outlets.



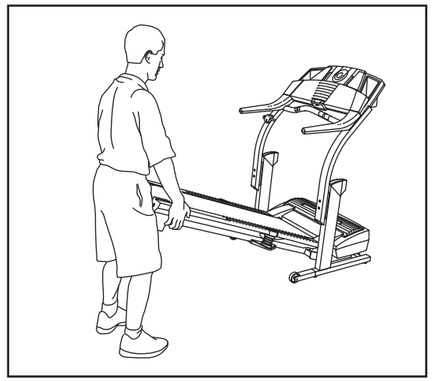
If the power cord is damaged, it must be replaced with a manufacturer-recommended power cord.

⚠DANGER: Improper connection of the equipment-earthing conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly earthed. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

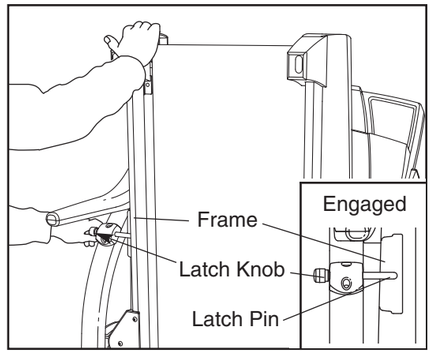
Before folding the treadmill, adjust the incline to the lowest position. If this is not done, the treadmill may be permanently damaged. Next, unplug the power cord. CAUTION: You must be able to safely lift 20 kg (45 lbs.) in order to raise, lower, or move the treadmill.



1. Hold the treadmill with your hands in the locations shown at the right. **To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the treadmill, make sure to lift with your legs rather than your back.** Raise the treadmill about halfway to the vertical position.

2. Move your right hand to the position shown and hold the treadmill firmly. Using your left hand, pull the latch knob to the left and hold it. Raise the treadmill until the frame is past the latch pin. Slowly release the latch knob. **Make sure that the frame is securely held by the latch pin.**

   To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 30° C (85° F).



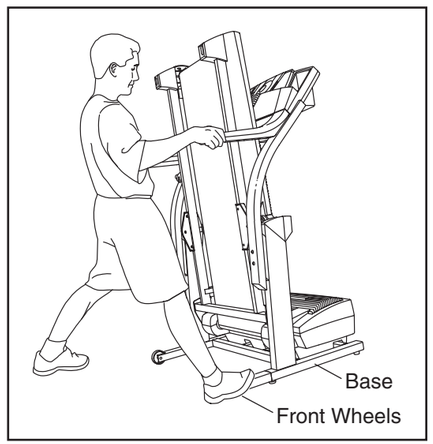
HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the frame is securely held by the latch pin.**

1. Hold the upper ends of the handrails. Place one foot on the base as shown.

2. Tilt the treadmill back until it rolls freely on the front wheels. Carefully move the treadmill to the desired location. **To reduce the risk of injury, use extreme caution whilst moving the treadmill. Do not move the treadmill over an uneven surface.**

3. Place one foot on the base, and carefully lower the treadmill until it is resting in the storage position.

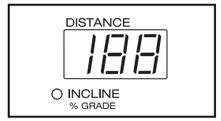


THE INFORMATION MODE/DEMO MODE

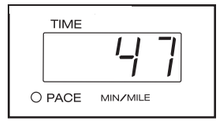
The console features an information mode that keeps track of the total number of hours that the treadmill has been operated and the total number of miles that the walking belt has moved. The information mode also allows you to switch the console from miles per hour to kilometres per hour. In addition, the information mode allows you to turn on and turn off the demo mode.

To select the information mode, hold down the Stop button whilst inserting the key into the console. When the information mode is selected, the following information will be shown:

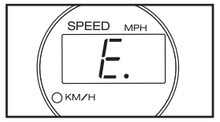
The Distance/Incline display will show the total number of miles (or kilometres) that the walking belt has moved.



The Time/Pace display will show the total number of hours the treadmill has been used.



An “E” for English miles or an “M” for metric kilometres will appear in the Speed display. Press the Speed + button to change the unit of measurement.

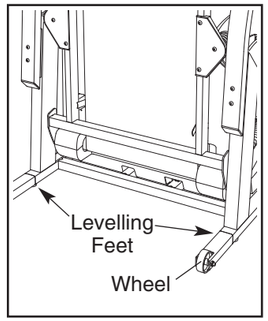


IMPORTANT: The Calories/Pulse display should be blank. If a “d” appears in the display, the console is in the “demo” mode. This mode is intended to be used only when a treadmill is displayed in a store. When the console is in the demo mode, the power cord can be plugged in, the key can be removed from the console, and the displays and indicators on the console will automatically light in a preset sequence, although the buttons on the console will not operate. **If a “d” appears in the Calories/Pulse display when the information mode is selected, press the Speed – button so the display is blank.**

To exit the information mode, remove the key.

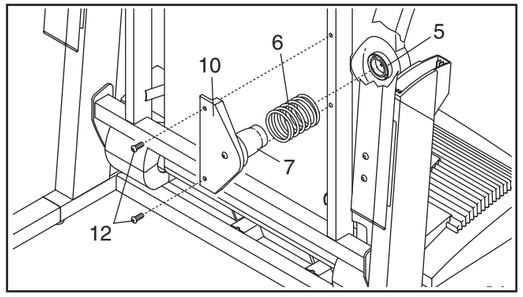
HOW TO LEVEL THE TREADMILL

If the treadmill wheels are touching the floor or if the treadmill rocks slightly, turn one or both of the Levelling feet under the upright base until the wheels are off the floor and the rocking motion is eliminated. Note: If necessary, tip the treadmill and use a phillips screwdriver to turn the Levelling feet.



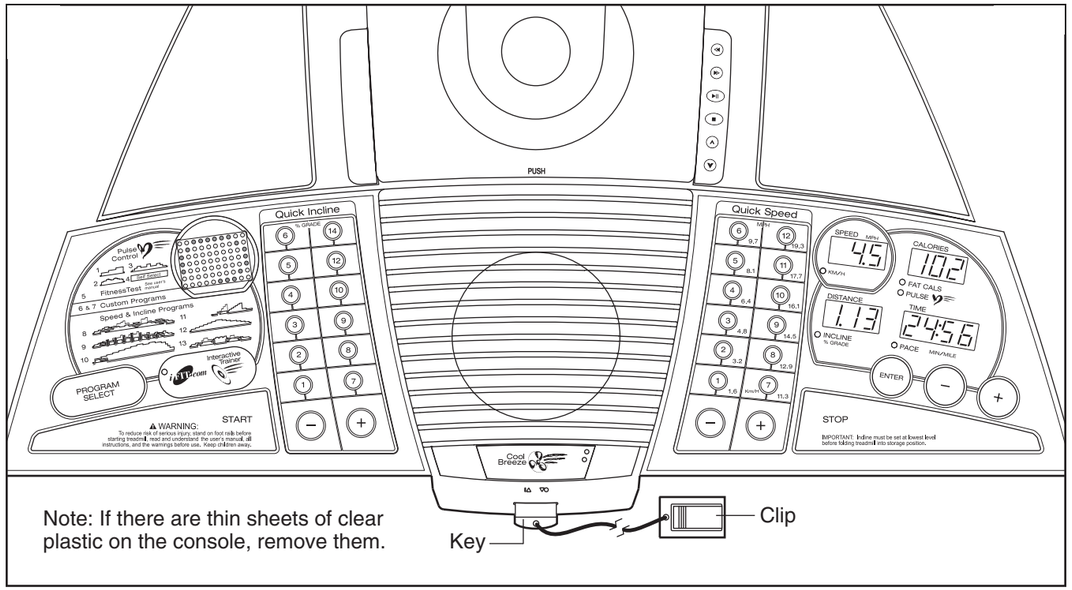
CHANGING THE ISOLATOR SPRINGS

The treadmill features Isolator Springs (6) that cushion the walking platform. A pair of Gray Isolator Springs is preinstalled on the treadmill. For a firmer walking platform, the Gray Isolator Springs can be removed and the included Blue Isolator Springs can be installed.



Fold the treadmill to the storage position (see page 21). Using an hex key, remove the two Isolator Bracket Bolts (12) from one of the Isolator Brackets (10). Remove the Gray Isolator Spring (6) from the Isolator (7) and slide a Blue Isolator Spring onto the Isolator. Insert the Isolator back into the circular channel in the Isolator Top Cap (5), and reattach the Isolator Bracket with the Isolator Bracket Bolts; **start both Isolator Bracket Bolts before tightening either of them.**

Replace the other Gray Isolator Spring (6) in the same way.



Note: If there are thin sheets of clear plastic on the console, remove them.

FEATURES OF THE CONSOLE

The treadmill console offers an impressive array of features that help you get the most from your workouts.

When the manual mode of the console is selected, the speed and incline of the treadmill can be changed with the touch of a button. As you exercise, the console will display instant exercise feedback. You can even measure your heart rate using the handgrip pulse sensor or the chest pulse sensor.

The console also offers six preset programs. Each program automatically controls the speed and incline of the treadmill as it guides you through an effective workout. Four pulse programs are also offered. Each program adjusts the speed and incline of the treadmill to keep your heart rate near a target heart rate whilst you exercise. In addition, a fitness test program measures your VO2 max level. You can even create custom programs and save them in memory for future workouts.

The console also features iFIT.com interactive technology. Having iFIT.com technology is like having a personal trainer in your home. Using the built-in CD player, you can play iFIT.com CD programs that automatically control the speed and incline of the treadmill as a personal trainer guides you through every step of your workout. High-energy music provides added motivation. **To purchase iFIT.com CDs, visit our Web site at www.iFIT.com.**

Using the included audio cable, you can also connect the treadmill to your VCR and TV and play iFIT.com video programs. Video programs offer the same benefits as iFIT.com CD programs, and allow you to enjoy breathtaking scenery while you exercise. **To purchase iFIT.com videocassettes, visit our Web site at www.iFIT.com.**

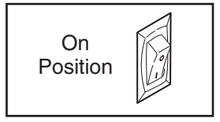
You can also connect the treadmill to your home computer and access programs directly from our Web site. **Visit www.iFIT.com for more information.**

To use the manual mode of the console, follow the steps beginning on page 12. **To use a preset program,** see page 14. **To use a pulse program**, see page 16. **To use the fitness test program**, see page 18. **To create and use a custom program**, see pages 19 and 20. **To use an iFIT.com CD program,** see page 21. **To use an iFIT.com video program**, see page 24. **To use an iFIT.com program directly from our Web site**, see page 25.

HOW TO TURN ON THE POWER

1 Plug in the power cord (see page 10).

2 Locate the on/off switch on the treadmill near the power cord. Move the on/off switch to the on position.



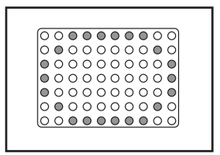
3 Stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing on page 11) and slide the clip onto the waistband of your clothes. Next, route the cord attached to the clip **under the handgrip pulse sensor,** and insert the key into the console. After a moment, the displays and various indicators will light. **Test the clip by carefully taking a few steps backward until the key is pulled from the console. If the key is not pulled from the console, adjust the position of the clip.**

HOW TO USE THE MANUAL MODE

1 Insert the key fully into the console.

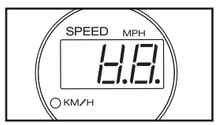
See HOW TO TURN ON THE POWER above.

2 Select the manual mode.



When the key is inserted, the manual mode will be selected. If you have selected a program, select the manual mode by pressing the Program Select button repeatedly until a track appears in the matrix. Make sure that the indicator on the iFIT.com button is *not* lit.

3 Press the Start button or the Speed + button to start the walking belt.

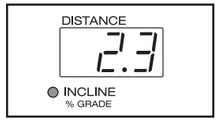


A moment after the button is pressed, the walking belt will begin to move at 1 mph. Hold the handrails and begin walking. As you exercise, change the speed of the walking belt as desired by pressing the Speed + and – buttons. Each time a button is pressed, the speed setting will change by 0.1 mph; if a button is held down, the speed setting will change in increments of 0.5 mph. To change the speed setting quickly, press the Quick Speed buttons. **Note: The console can display speed and distance in either miles or kilometres. For simplicity, all instructions in this section refer to miles.**

To stop the walking belt, press the Stop button. The Time/Pace display will begin to flash. To restart the walking belt, press the Start button or the Speed + button.

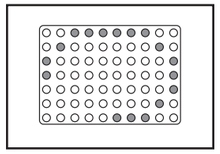
Note: The first time the treadmill is used, observe the alignment of the walking belt, and align the walking belt if necessary (see page 30).

4 Change the incline of the treadmill as desired.

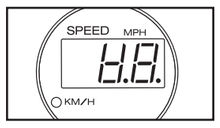


To change the incline of the treadmill, press the Incline + and – buttons. Each time a button is pressed, the incline will change by 0.5%. To change the incline setting quickly, press the Quick Incline buttons.

5 Follow your progress with the matrix and the displays.



The matrix—When the manual mode or the iFIT.com mode is selected, the matrix will display a 1/4-mile track. As you exercise, the indicators around the track will light in succession until the entire track is lit. The track will then darken and the indicators will again begin to light in succession.



Speed display—This display shows the speed of the walking belt. Note: When the KM/H indicator is lit, the console will display speed and distance in kilometres; when the KM/H indicator is not lit, the console will display speed and distance in miles.

HOW TO USE PROGRAMS DIRECTLY FROM OUR WEB SITE

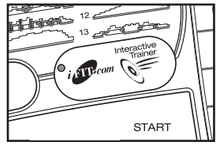
To use programs from our Web site, the treadmill must be connected to your home computer. See HOW TO CONNECT THE TREADMILL TO YOUR COMPUTER on page 23. In addition, you must have an internet connection and an internet service provider. A list of specific system requirements is found on our Web site.

Follow the steps below to use a program from our Web site.

1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 12.

2 Select the iFIT.com mode.



When the key is inserted, the manual mode will be selected. To use a program from our Web site, press the iFIT.com button. The indicator on the button will light.

3 Go to your computer and start an internet connection.

4 Start your web browser, if necessary, and go to our Web site at www.iFIT.com.

5 Follow the desired links on our Web site to select a program.

Read and follow the on-line instructions for using a program.

6 Follow the on-line instructions to start the program.

When you start the program, an on-screen countdown will begin.

7 Return to the treadmill and stand on the foot pads. Find the clip attached to the key and slide the clip onto the waistband of your clothes.

When the on-screen countdown ends, the program will begin and the walking belt will begin to move. Hold the handrails, step onto the walking belt, and begin walking. During the program, an electronic "chirping" sound will alert you when the speed and/or incline of the treadmill is about to change. **CAUTION: Always listen for the "chirp" and be prepared for speed and/or incline changes.**

If the speed or incline settings are too high or too low, you can manually override the settings at any time by pressing the Speed or Incline buttons on the console. **However, when the next "chirp" is heard, the speed and/or incline will change to the next settings of the program.**

To stop the walking belt at any time, press the Stop button on the console. The Time/Pace display will begin to flash. To restart the program, press the Start button or the Speed + button. After a moment, the walking belt will begin to move at 1 mph. **When the next "chirp" is heard, the speed and incline will change to the next settings of the program**.

When the program is completed, the walking belt will stop and the Time/Pace display will begin to flash. Note: To use another program, press the Stop button and go to step 5.

Note: If the speed or incline of the treadmill does not change when a "chirp" is heard, make sure that the iFIT.com indicator is lit and that the Time/Pace display is not flashing. In addition, make sure that the audio cable is properly connected, that it is fully plugged in, and that it is not wrapped around a power cord.

8 Follow your progress with the matrix and the displays.

See step 5 on page 12.

9 When you are finished exercising, remove the key from the console.

See step 7 on page 15.

HOW TO USE IFIT.COM VIDEO PROGRAMS

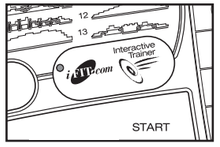
To use iFIT.com videocassettes, the treadmill must be connected to your VCR. See HOW TO CONNECT THE TREADMILL TO YOUR VCR on page 23. **Note: To purchase iFIT.com videocassettes, visit our Web site at www.iFIT.com.**

Follow the steps below to use an iFIT.com video program.

1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 12.

2 Select the iFIT.com mode.



When the key is inserted, the manual mode will be selected. To use an iFIT.com video program, press the iFIT.com button. The indicator on the button will light.

3 Insert the iFIT.com videocassette.

Insert the videocassette into your VCR.

4 Press the PLAY button on your VCR.

A moment after the button is pressed, your personal trainer will begin guiding you through your workout. Simply follow your personal trainer's instructions. Note: If the Time/Pace display is flashing, press the Start button or the Speed + button on the console. The treadmill will not respond to a video program whilst the Time/Pace display is flashing.

During the video program, an electronic "chirping" sound will alert you when the speed and/or incline of the treadmill is about to change. **CAUTION: Always listen for the "chirp" and be prepared for speed and/or incline changes. In some instances, the speed and/or incline may change before the personal trainer describes the change.**

If the speed or incline settings are too high or too low, you can manually override the settings at any time by pressing the Speed or Incline buttons on the console. However, **when the next "chirp" is heard, the speed and/or incline will change to the next settings of the video program.**

To stop the walking belt at any time, press the Stop button on the console. The Time/Pace display will begin to flash. To restart the program, press the Start button or the Speed + button. After a moment, the walking belt will begin to move at 1 mph. **When the next "chirp" is heard, the speed and incline will change to the next settings of the video program**.

When the video program is completed, the walking belt will stop and the Time/Pace display will begin to flash. Note: To use another video program, press the Stop button or remove the key and go to step 1 on this page.

Note: If the speed or incline of the treadmill does not change when a "chirp" is heard:

- **Make sure that the iFIT.com indicator is lit and that the Time/Pace display is not flashing. If the Time/Pace display is flashing, press the Start button or the Speed + button on the console.**
- **Adjust the volume of your VCR. If the volume is too high or too low, the console may not detect the program signals.**
- **Make sure that the audio cable is properly connected, that it is fully plugged in, and that it is not wrapped around a power cord.**

5 Follow your progress with the matrix and the displays.

See step 5 on page 12.

6 Measure your heart rate if desired.

See step 6 on page 13.

7 Turn on the fan if desired.

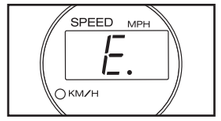
See step 7 on page 13.

8 When you are finished exercising, remove the key from the console.

See step 7 on page 15.

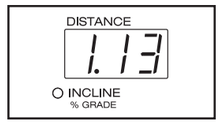
CAUTION: Always remove iFIT.com videocassettes from your VCR when you are finished using them.

To change the unit of measurement, first hold down the Stop button whilst inserting the key into the console. An "E" for English miles or an "M" for metric kilometres will appear in the Speed display. Press the Speed + button to change the unit of measurement. When the desired unit of measurement is selected, remove the key.



Calories/Pulse display—This display shows the approximate numbers of *calories* and *fat calories* you have burned (see FAT BURNING on page 32). The display will change from one number to the other every few seconds. The display will also show your heart rate when you use the handgrip pulse sensor or the chest pulse sensor.

Distance/Incline display—This display shows the distance that you have walked or run and the incline level of the treadmill. The display will change from one number to the other every few seconds. Note: Each time the incline changes, the display will show the incline setting for several seconds.

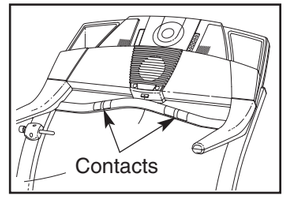


Time/Pace display—When the manual mode or the iFIT.com mode is selected, this display will show the elapsed time and your current pace (pace is measured in *minutes per mile*). The display will change from one number to the other every few seconds. When a program is selected (except for pulse program 4), the display will show the time *remaining* in the program rather than the elapsed time.

To reset the displays, press the Stop button, remove the key, and then reinsert the key.

6 Measure your heart rate if desired.

You can measure your heart rate using either the chest pulse sensor or the handgrip pulse sensor.



To use the handgrip pulse sensor, first make sure that your hands are clean. Next, **stand on the foot rails** and hold the handgrip pulse sensor, with your palms on the metal contacts. **Avoid moving your hands**. When your pulse is detected, two dashes (– –) will appear in the Calories/Pulse display, and then your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

7 Turn on the fan if desired.

To turn on the fan, press the button below the fan. To turn on the fan at high speed, press the button a second time. To turn off the fan, press the button a third time. Note: A few minutes after the walking belt is stopped, the fan will automatically turn off.

8 When you are finished exercising, remove the key from the console.

Step onto the foot rails, press the Stop button, and **adjust the incline of the treadmill to the lowest setting. The incline must be at the lowest setting when the treadmill is folded to the storage position or the treadmill will be damaged.** Next, remove the key from the console and put it in a secure place. **Note: If the displays and various indicators on the console remain lit after the key is removed, the console is in the "demo" mode. See page 26 and turn off the demo mode.**

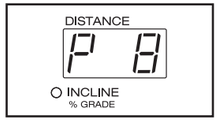
When you are finished using the treadmill, move the on/off switch near the power cord to the off position and unplug the power cord.

HOW TO USE PRESET PROGRAMS

1 Insert the key fully into the console.

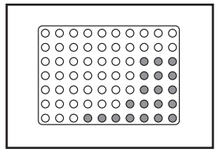
See HOW TO TURN ON THE POWER on page 12.

2 Select one of the preset programs.



When the key is inserted, the manual mode will be selected. To select a preset program, press the Program Select button repeatedly until a “P 8,” “P 9,” “P 10,” “P 11,” “P 12,” or “P 13” appears in the Distance/Incline display.

When a preset program is selected, the Speed display will flash the maximum speed setting of the program for a few seconds. The Time/Pace display will show how long the program will last.

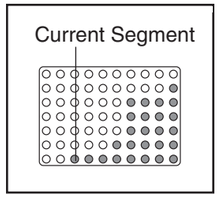


The matrix will show the first seven speed settings of the program. Note: The diagrams numbered 8 through 13 on the left side of the console show how the speed and incline will change during the preset programs. For example, diagram number 12 shows that during preset program 12, the speed will gradually increase during the first half of the program and then gradually decrease during the last half; the incline will remain constant.

3 Press the Start button or the Speed + button to start the program.

A moment after the button is pressed, the treadmill will automatically adjust to the first speed and incline settings of the program. Hold the handrails and begin walking.

Each program is divided into several time segments of different lengths. One speed setting and one incline setting are programmed for each segment. Note: The same speed setting and/or incline setting may be programmed for two or more consecutive segments.



The speed setting for the first segment is shown in the flashing Current Segment column of the matrix. (The incline settings are not shown in the matrix.) The speed settings for the next seven segments are shown in the seven columns to the right.

When only three seconds remain in the first segment of the program, both the Current Segment column and the column to the right will flash and a series of tones will sound. If the speed and/or incline of the treadmill is about to change, the Speed display and/or the Distance/Incline display will flash to alert you. When the first segment ends, *all speed settings will move one column to the left.* The speed setting for the second segment will then be shown in the flashing Current Segment column and the treadmill will automatically adjust to the speed and incline settings for the second segment. Note: If all of the indicators in the Current Segment column are lit after the speed settings have moved to the left, *the speed settings may move downward* so that only the highest indicators appear in the matrix. If some of the indicators in the Current Segment column are not lit when the speed settings move to the left again, the speed settings will move back up.

The program will continue in this way until the speed setting for the last segment is shown in the Current Segment column of the matrix and the last segment ends. The walking belt will then slow to a stop.

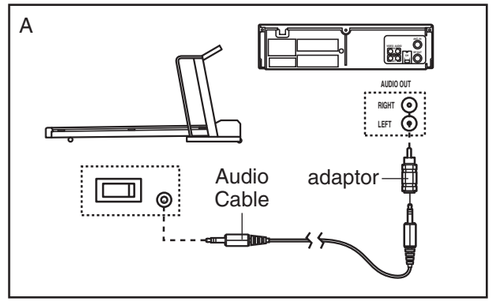
If the speed or incline setting is too high or too low at any time during the program, you can manually override the setting by pressing the Speed or Incline buttons. Every few times a Speed button is pressed, an additional indicator will light or darken in the Current Segment column. (If any of the columns to the right of the Current Segment column have the same number of lit indicators as the Current Segment column, an additional indicator may light or darken in those columns as well.) **Note: When the next segment of the program begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

HOW TO CONNECT THE TREADMILL TO YOUR VCR OR COMPUTER

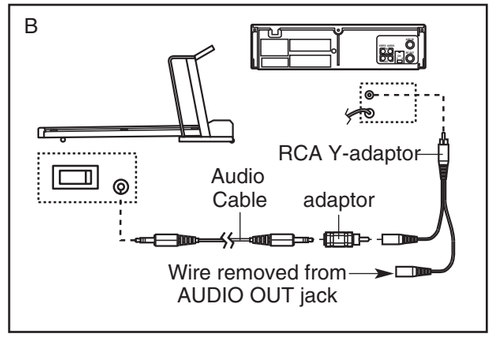
HOW TO CONNECT THE TREADMILL TO YOUR VCR

Note: If your VCR has an unused AUDIO OUT jack, see instruction A below. If the AUDIO OUT jack is being used, see instruction B. If you have a TV with a built-in VCR, see instruction B.

A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adaptor. Plug the adaptor into the AUDIO OUT jack on your VCR.



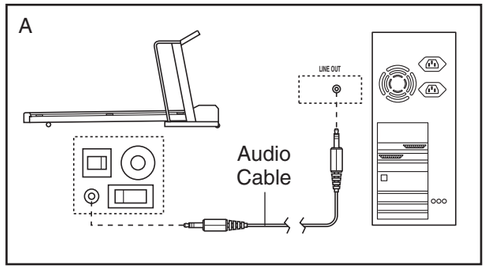
B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adaptor. Plug the adaptor into an RCA Y-adaptor (available at electronics stores). Next, remove the wire that is currently plugged into the AUDIO OUT jack on your VCR and plug the wire into the unused side of the Y-adaptor. Plug the Y-adaptor into the AUDIO OUT jack on your VCR.



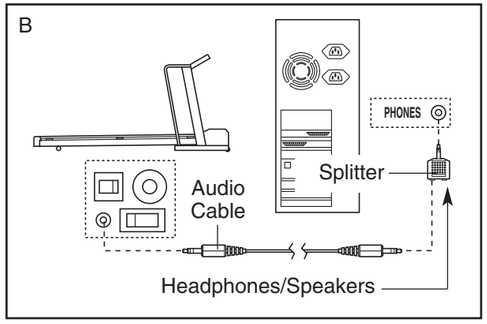
HOW TO CONNECT YOUR COMPUTER

Note: If your computer has a 3.5 mm LINE OUT jack, see instruction A. If your computer has only a PHONES jack, see instruction B.

A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the LINE OUT jack on your computer.



B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the splitter. Plug the splitter into the PHONES jack on your computer. Plug your headphones or speakers into the other side of the splitter.



6 **Follow your progress with the matrix and the displays.**

See step 5 on page 12.

7 **Measure your heart rate if desired.**

See step 6 on page 13.

8 **Turn on the fan if desired.**

See step 7 on page 13.

9 **When you are finished exercising, remove the key from the console.**

See step 7 on page 15.

CAUTION: Always remove iFIT.com CDs from the CD player when you are finished using them.

HOW TO PLAY MUSIC CDS

If desired, you can play your own music CDs in the CD player. Before playing music CDs, select the manual mode of the console (see HOW TO USE THE MANUAL MODE on page 12). **Note: Due to the nature of CD players, the ability of the player to read a CD-RW disk whilst a user is running vigorously on the treadmill may be affected by factors such as the condition of the CD-RW and the quality of the burner used to create the CD-RW.**

You can also use your own headphones with the CD player. Headphones with foam ear cushions are recommended to minimise the chances of static electricity shock. Plug your headphones into the jack below the fan. Secure the headphone wire to your clothing to keep the wire out of your way.

To stop the program at any time, press the Stop button. The Time/Pace display will begin to flash. To restart the program, press the Start button or the Speed + button. The walking belt will begin to move at 1 mph. When the next segment of the program begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

4 **Follow your progress with the displays.**

See step 5 on page 12.

5 **Measure your heart rate if desired.**

See step 6 on page 13.

6 **Turn on the fan if desired.**

See step 7 on page 13.

7 **When you are finished exercising, remove the key from the console.**

When the program has ended, **make sure that the incline of the treadmill is at the lowest setting.** Next, remove the key from the console and put it in a secure place. **Note: If the displays and various indicators on the console remain lit after the key is removed, the console is in the "demo" mode. See page 26 and turn off the demo mode.**

When you are finished using the treadmill, move the on/off switch near the power cord to the off position and unplug the power cord.

HOW TO USE PULSE PROGRAMS

⚠ CAUTION: If you have heart problems, or if you are over 60 years of age and have been inactive, do not use the pulse programs. If you are taking medication regularly, consult your physician to find whether the medication will affect your exercise heart rate.

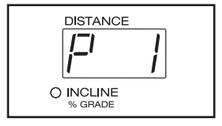
1 Put on the chest pulse sensor.

You must wear the chest pulse sensor to use a pulse program. See the instructions on page 9.

2 Insert the key fully into the console.

See HOW TO TURN ON THE POWER on page 12.

3 Select a pulse program.

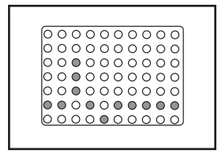


When the key is inserted, the manual mode will be selected. To select a pulse program, press the Program Select button repeatedly until a "P 1," "P 2," "P 3," or "P 4" appears in the Distance/Incline display.

The diagrams numbered 1 through 4 on the left side of the console show how the target heart rate will change during the programs. During pulse program 1, your heart rate will reach approximately 85% of your *estimated maximum heart rate;* during pulse programs 2 and 3, your heart rate will reach approximately 80% of your estimated maximum heart rate; during pulse program 4, your heart rate will remain near a level that you select.

Note: Your estimated maximum heart rate is determined by subtracting your age from 220. For example, if you are 30 years old, your estimated maximum heart rate is 190 beats per minute (220 – 30 = 190).

During pulse programs, the matrix will show a moving graphic that represents your heart rate. Each time a heartbeat is detected, an additional peak will appear.



4 Enter your age.

When a pulse program is selected, the word "AGE" and the current age setting will flash in the Calories/Pulse display. If you have already entered your age, simply press the Enter button. If you have not entered your age, press the + and – buttons beside the Enter button to enter your age. Then, press the Enter button.

5 Enter a target heart rate.

If pulse program 1, 2, or 3 is selected, go to step 6. If pulse program 4 is selected, follow the instructions below.

After you have entered your age, the letters "PLS" and the target heart rate setting for the program will flash in the Calories/Pulse display. If desired, press the + and – buttons beside the Enter button to adjust the target heart rate setting. When the desired setting is shown, press the Enter button.

6 Enter a maximum speed.

Next, the letters "SPd" and the maximum speed setting of the program will flash in the Calories/Pulse display. If desired, press the + and – buttons beside the Enter button to adjust the maximum speed setting. When the desired setting is shown, press the Enter button.

HOW TO USE IFIT.COM CD PROGRAMS

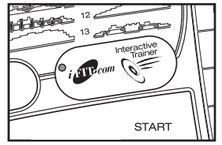
When you use an iFIT.com CD program, a certified personal trainer will guide you through your workout as the program interactively controls the speed and incline of the treadmill. **Note: To purchase iFIT.com CDs, visit our Web site at www.iFIT.com.**

Follow the steps below to use an iFIT.com CD program.

1 Insert the key into the console.

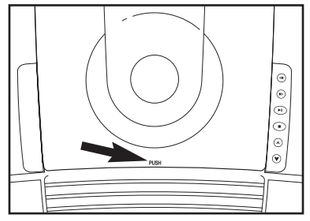
See HOW TO TURN ON THE POWER on page 12.

2 Select the iFIT.com mode.



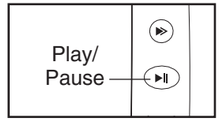
When the key is inserted, the manual mode will be selected. To use iFIT.com CDs, press the iFIT.com button. The indicator on the button will light.

3 Insert an iFIT.com CD into the CD player.



To open the CD player, press the lid of the CD player in the indicated location. Carefully insert an iFIT.com CD into the CD player and close the lid.

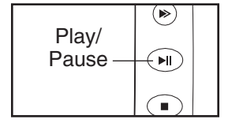
4 Press the Play/Pause button to start the program.



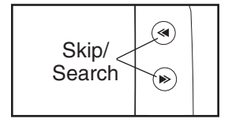
To start the CD program, press the Play/Pause button beside the CD player. A moment after the button is pressed, your personal trainer will begin guiding you through your workout. Simply follow your personal trainer's instructions. Note: If the Time/Pace display is flashing, press the Start button or the Speed + button on the console. The treadmill will not respond to a CD program whilst the Time/Pace display is flashing.

During the CD program, an electronic "chirping" sound will alert you when the speed and/or incline of the treadmill is about to change. **CAUTION: Always listen for the "chirp" and be prepared for speed and/or incline changes. In some instances, the speed and/or incline may change before the personal trainer describes the change.**

If the speed or incline settings are too high or too low, you can manually override the settings at any time by pressing the Speed or Incline buttons on the console. However, **when the next "chirp" is heard, the speed and/or incline will change to the next settings of the CD program.**



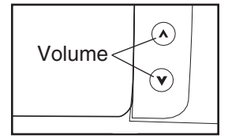
To stop the program at any time, press the Stop button on the console and then press the Play/Pause button beside the CD player. The Time/Pace display will begin to flash. To restart the program, press the Play/Pause button and then press the Start button or the Speed + button on the console. After a moment, the walking belt will begin to move at 1 mph. **When the next "chirp" is heard, the speed and incline will change to the next settings of the CD program**.



When the CD program is completed, the walking belt will slow to a stop and the Time/Pace display will begin to flash. Note: To select a different program on the CD, press the Skip/Search buttons beside the CD player.

Note: If the speed or incline of the treadmill does not change when a "chirp" is heard, make sure that the iFIT.com indicator is lit and that the Time/Pace display is not flashing. If the Time/Pace display is flashing, press the Start button or the Speed + button on the console.

5 Adjust the volume if desired.



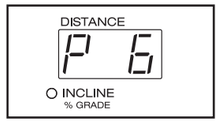
To adjust the volume, press the Volume buttons beside the CD player.

HOW TO USE CUSTOM PROGRAMS

1 Insert the key fully into the console.

See HOW TO TURN ON THE POWER on page 12.

2 Select one of the custom programs.



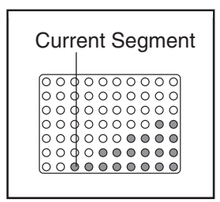
When the key is inserted, the manual mode will be selected. To select a custom program, press the Program Select button repeatedly until a “P 6” or “P 7” appears in the Distance/Incline display.

When a custom program is selected, the Speed display will flash the maximum speed setting of the program for a few seconds. The Time/Pace display will show how long the program will last.

Note: If only three columns of indicators are lit in the matrix, see HOW TO CREATE A CUSTOM PROGRAM on page 19.

3 Press the Start button or the Speed + button to start the program.

A moment after the button is pressed, the treadmill will automatically adjust to the first speed and incline settings that you programmed previously. Hold the handrails and begin walking.



Each custom program is divided into several one-minute segments. One speed setting and one incline setting are programmed for each segment. The speed setting for the first segment will be shown in the flashing Current Segment column of the matrix. (The incline settings are not shown in the matrix.) The speed settings for the next seven segments will be shown in the columns to the right.

When only three seconds remain in the first segment of the program, both the Current Segment column and the column to the right will flash, a series of tones will sound, the Speed display and the Distance/Incline display will flash, and *all speed settings will move one column to the left.* The speed setting for the second segment will then be shown in the flashing Current Segment column and the treadmill will automatically adjust to the second speed and incline settings that you programmed previously.

The program will continue until the speed setting for the last segment is shown in the Current Segment column and the last segment ends. The walking belt will then slow to a stop.

If desired, you can redefine to the program whilst using it. **To change the speed or incline setting during the current segment,** simply press the Speed or Incline buttons. When the current segment is completed, the new setting will be saved in memory. **To increase the length of the program,** first wait until the program is completed. Then, press the Start button and program speed and incline settings for as many additional segments as desired. (Note: Whilst you are adding segments to the program, the speed settings in the matrix will not move to the left. Instead, each time a segment is completed, *the flashing Current Segment column will move one column to the right.* If the Current Segment column reaches the right side of the matrix, when the current segment is completed *all columns of indicators in the matrix will move three columns to the left.)* When you have added as many segments as desired, press the Stop button twice. **To decrease the length of the program,** press the Stop button twice at any time before the program is completed.

To stop the program at any time, press the Stop button. The Time/Pace display will begin to flash. To restart the program, press the Start button or the Speed + button. The walking belt will begin to move at 1 mph. When the next segment of the program begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

4 Follow your progress with the displays.

See step 5 on page 12.

5 Measure your heart rate if desired.

See step 6 on page 13.

6 When you are finished exercising, remove the key from the console.

See step 7 on page 15.

7 Press the Start button or the Speed + button to start the program.

A moment after the button is pressed, the treadmill will automatically adjust to the first speed and incline settings of the program. Hold the handrails and begin walking.

Each pulse program is divided into several time segments of different lengths. One target heart rate is programmed for each segment. Note: If pulse program 4 is selected, the same target heart rate is programmed for all segments.

During each segment, the console will regularly compare your heart rate to the current target heart rate. If your heart rate is too far below or above the target heart rate, the speed of the treadmill will automatically increase or decrease to bring your heart rate closer to the target heart rate. If the speed reaches the maximum speed setting of the program (see step 6 on page 16) and your heart rate is still too far below the current target heart rate, the incline of the treadmill will also increase to bring your heart rate closer to the target heart rate.

During the last three seconds of each segment, a series of tones will sound and the Speed display and the Distance/Incline display will flash.

The program will continue until the last segment ends. The walking belt will then slow to a stop.

If the speed or incline setting is too high or too low at any time during the program, you can adjust the setting with the Speed or Incline buttons. However, each time the console compares your heart rate to the current target heart rate, the speed and/or incline of the treadmill may automatically change to bring your heart rate closer to the target heart rate.

If your pulse is not detected during the program, the letters “PLS” will flash in the Calories/Pulse display and the speed and incline of the treadmill may automatically decrease until your pulse is detected. If this occurs, see CHEST PULSE SENSOR TROUBLESHOOTING on page 9.

To stop the program at any time, press the Stop button. Pulse programs cannot be stopped temporarily and then restarted. To use a pulse program again, reselect the program and start it at the beginning.

8 Follow your progress with the displays.

See step 5 on page 12.

9 Turn on the fan if desired.

See step 7 on page 13.

10 When you are finished exercising, remove the key from the console.

See step 7 on page 15.

HOW TO USE THE FITNESS TEST PROGRAM

The fitness test program measures your VO2 max level. For the best results, the program should be used at a time when your energy level is high; the program should not be used if you have already exercised during the day. Follow the steps below to use the program.

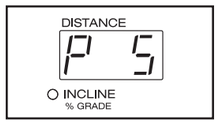
1 Put on the chest pulse sensor.

You must wear the chest pulse sensor to use the fitness test program. See the instructions on page 9.

2 Insert the key fully into the console.

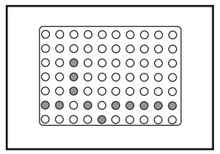
See HOW TO TURN ON THE POWER on page 12.

3 Select the fitness test program.



When the key is inserted, the manual mode will be selected. To select the fitness test program, press the Program Select button repeatedly until a “P 5” appears in the Distance/Incline display.

When the fitness test program is selected, the Time/Pace display will show that the program is 9 minutes long.



During the fitness test program, the matrix will show a moving graphic that represents your heart rate. Each time a heartbeat is detected, an additional peak will appear.

4 Enter your gender.

When the fitness test program is selected, the letters “GEn” (gender) and an “m” (male) or an “F” (female) will flash in the Calories/Pulse display. Press the + and – buttons beside the Enter button to select a gender, and then press the Enter button.

5 Enter your age.

After you have entered your gender, the word “AGE” and the current age setting will flash in the Calories/Pulse display. If you have already entered your age, simply press the Enter button. If you have not entered your age, press the + and – buttons beside the Enter button to enter your age. Then, press the Enter button.

6 Press the Start button or the Speed + button to start the program.

A moment after the button is pressed, the treadmill will automatically adjust to the first speed and incline settings of the program. Hold the handrails and begin walking.

During the fitness test program, the console will automatically control the speed and incline of the treadmill. When the program is completed, the walking belt will slow to a stop and your VO2 max level will appear in the Time/Pace display.

Note: If your heart rate exceeds 70% of your estimated maximum heart rate during the first part of the program, if your heart rate exceeds 85% of your estimated maximum heart rate for more than a few seconds at any time during the program, or if your pulse is not detected for several seconds during the program (the letters “PLS” will flash in the Calorie/Pulse display), the fitness test will stop and a zero (0) will appear in the Time/Pace display.

7 Follow your progress with the main display.

See step 5 on page 12.

8 Turn on the fan if desired.

See step 7 on page 13.

9 When you are finished exercising, remove the key from the console.

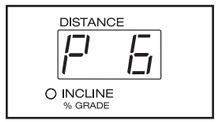
See step 7 on page 15.

HOW TO CREATE CUSTOM PROGRAMS

1 Insert the key fully into the console.

See HOW TO TURN ON THE POWER on page 12.

2 Select one of the custom programs.

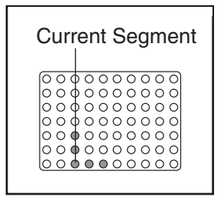


When the key is inserted, the manual mode will be selected. To select a custom program, press the Program Select button repeatedly until a “P 6” or “P 7” appears in the Distance/Incline display.

Note: If the custom program has not yet been defined, three columns of indicators will be lit in the matrix. If more than three columns of indicators are lit, see HOW TO USE CUSTOM PROGRAMS on page 20.

3 Press the Start button or the Speed + button and program the desired speed and incline settings.

A moment after the button is pressed, the walking belt will begin to move. Hold the handrails and begin walking.



See the matrix. Each custom program is divided into one-minute segments. One speed setting and one incline setting can be programmed for each segment. The speed setting for the first segment will be shown in the flashing Current Segment column of the matrix. (The incline settings are not shown in the matrix.) To program a speed setting and an incline setting for the first segment, simply adjust the speed and incline of the treadmill as desired by pressing the Speed and Incline buttons. Every few times one of the Speed buttons is pressed, an additional indicator will light or darken in the Current Segment column.

When the first segment of the program is completed, the current speed setting and the current incline setting will be saved in memory. *The three columns of indicators will then move one column to the left,* and the speed setting for the second segment will be shown in the flashing Current Segment column. Program a speed setting and an incline setting for the second segment as described above. Note: After the third segment is completed, the columns of indicators in the matrix will no longer move to the left. Instead, each time a segment is completed, *the flashing Current Segment column will move one column to the right.* If the Current Segment column reaches the right side of the matrix, when the current segment is completed *all columns of indicators in the matrix will move three columns to the left.*

Continue programming speed and incline settings for as many segments as desired; custom programs can have up to forty segments. When you are finished with your workout, press the Stop button twice. The speed and incline settings that you have programmed and the number of segments that you have programmed will then be saved in memory.

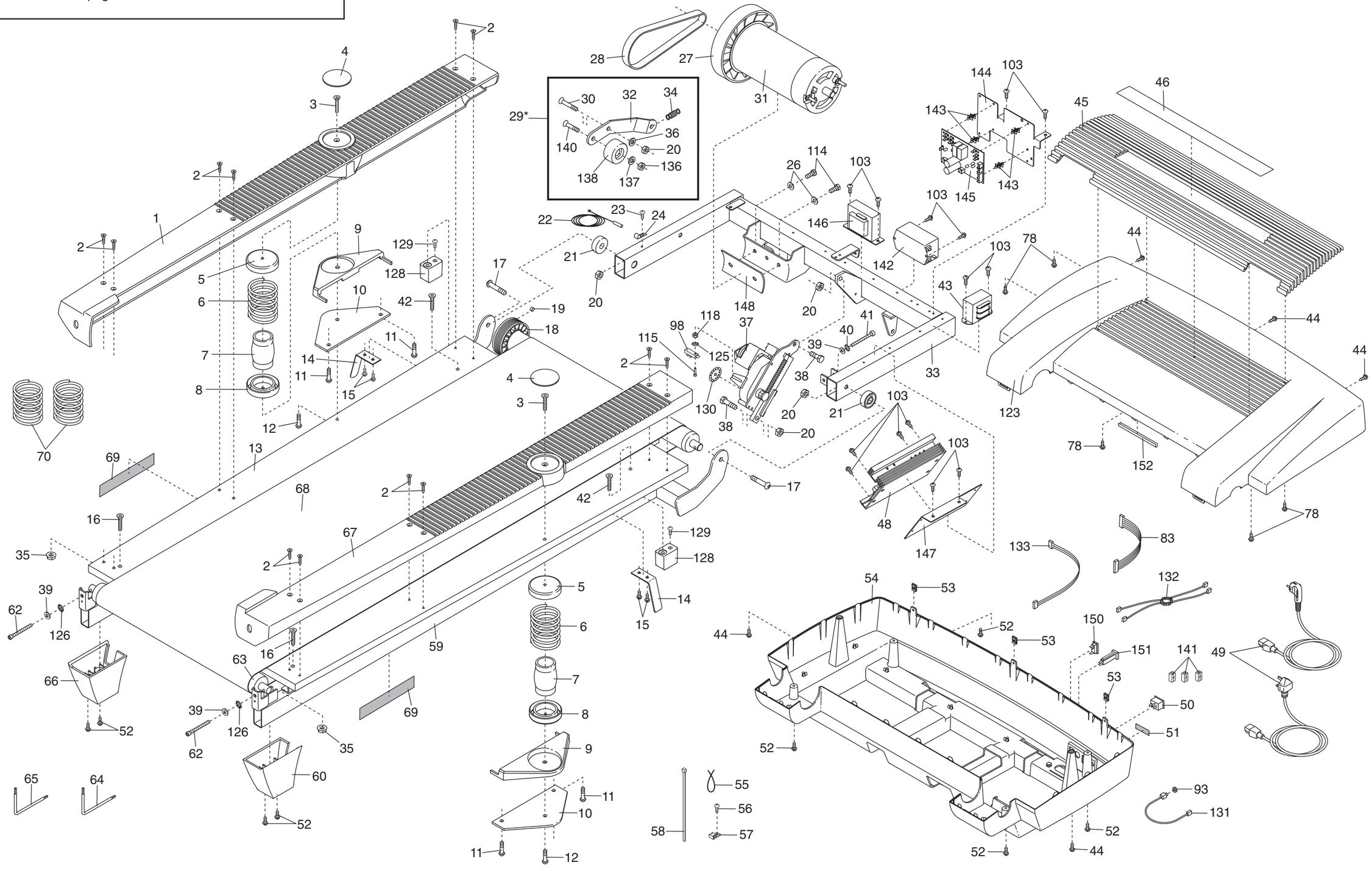
4 When the program is finished, remove the key.

See step 7 on page 15.

To identify parts shown on this EXPLODED DRAWING, see the PART LIST on pages 34 and 35 of the user's manual.

EXPLODED DRAWING—Model No. PETL78130

R0304A



EXPLODED DRAWING—Model No. PETL78130

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